

# TORRANCE POLICE DEPARTMENT WOMEN'S SELF-DEFENSE



Next 2 Day Seminar on August 9th-10th 2013



## THE TORRANCE POLICE & UFC GYM PRESENTS...

**A FREE 12 HOUR "RAPE AGGRESSION DEFENSE" TRAINING SEMINAR. LEARN HOW TO PROTECT YOURSELF AND THE ONES THAT YOU LOVE BY DETECTING, PREVENTING AND DETERRING VIOLENT ENCOUNTERS!**

Our Instructional Objective is to develop and enhance the options of self defense so they may become viable considerations to a woman who is attacked.

The next RAD seminar will be taught over a two day period at the Torrance Police Department & UFC Gym on:

Day 1: **9 August 2013**  
**6:00PM-9:00PM**  
**&**

Day 2: **10 August 2013**  
**9:30AM-5:00PM**

To Register, visit

[www.Police.TorranceCa.Gov](http://www.Police.TorranceCa.Gov)

For questions about the program contact  
Sgt. J. Hart at 310-618-5738 or  
[JHart@TorranceCa.Gov](mailto:JHart@TorranceCa.Gov)

### **What is "R.A.D."?**

A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- Has established standards of acceptability for female self-defense programs.
- Offers no-nonsense, practical techniques of defense.
- Has researched the effects of the "Fight or Flight Syndrome"
- Offers advanced self-defense courses that build upon the Basic Physical Defense Systems
- Provides static, fluid, and dynamic hands-on training.
- Provides students with a comprehensive reference manual.
- Has a free lifetime "Return and Practice" policy.

